

## Rocky Mount Senior Center

**November - December 2015**

Rocky Mount Senior Center  
427 S. Church St., Rocky Mount, NC 27802  
252-972-1152 or 972-1561

Open  
Mon–Thu 8:00am-7:00pm  
Fri 8:00am-5:00pm

### SENIOR STRETCH

Easy to follow, low impact exercise class

**T, TH** 9:30am \$6/month city \$9 non-city

### BODY CRAZE

Strengthen & tone your body, build endurance & balance.

**M, W** 9:30am \$6/month city \$9 non-city

### CIRCUIT TRAINING

45 minutes of vigorous exercise that includes intervals of cardio & strengthening.

**W** 5:30pm \$6/month city \$9 non-city

### YOGALIKE

Yogalike stretching class eases stress/build core strength.

**F** 9:30am \$6/month city \$9 non-city

### FIT PASS

(Covers Senior Stretch, Body Craze, Circuit Training & YogaLike ONLY) \$15/mon city & \$23/mon non-city

### CARDIO-PULMONARY CONNECTIONS FREE!

Monthly educational "Lunch & Learns."

**Every 2nd Tuesday** 11:30am-1:00pm

*Lunch is limited to the first 30 registrants.*

### HEALTH MATTERS FREE!

WNCR-TV talk show at the RMSC. *First 30 to sign-up get a free lunch during the pre-production of the show*

**Every 4<sup>th</sup> Wednesday** 11:00am

### PUMP IT UP! FREE!

Fun dance exercise!

**T, W** 1:00 Tues 5:30 Wed Free

### HOW TO USE A SMARTPHONE FREE!

Bring your phone and/or tablet. US Cellular will instruct.

**11/3** T 10:30am

### FLU SHOTS

FREE with your Medicare Part B.

**11/3** T 9:00am-12:00pm

### GIFT WRAPPING FREE!

Spring Arbor will wrap you Christmas presents for Free! They will not provide boxes.

**12/15** T 8:30am -2:00pm

### VETERANS DAY FLAG CEREMONY FREE!

Celebrate Veterans Day with us.

**11/10** T 11:00am

### VETERANS DAY LUNCH

Special program and lunch for Veterans and their guest. Register by 11/6 **FREE**

**11/10** T 11:30am-1:00pm

### VETERANS DAY POPCORN & MOVIE FREE!

Celebrate with popcorn and a good movie

**11/10** T 1:30pm

### THANKSGIVING LUNCH FREE!

Bring a dish to share! Sign-up and tell us what you are bringing. Sign-up by 11/19

**11/24** T 11:00am

### 15<sup>th</sup> ANNUAL CHRISTMAS GALA

Buffet Lunch, Music, special guests+ more at the Gateway Center. Tickets on sale 10/22-11/30 \$22pp.

**12/7** M 11:00am-1:00pm

### CHRISTMAS COUNTRY BREAKFAST FREE!

Spread the holiday spirit! Sign-up by 12/4. Bring breakfast items to the center on 12/8.

**12/10** TH 10:30am

### WILLS & ADVANCE DIRECTIVES FREE!

Have simple Wills and Advance Directives prepared by a Legal Aid attorney for FREE! **You Must Register for Appt. by 11/25 Only 9 appts available!**

**12/16** W By appt 9am-5pm

### SENIOR CHRISTMAS LIGHT TOUR FREE!

Seniors will enjoy the sights of the season and a program at Brown Auditorium. Registration deadline 12/11 Call 972-1152 for information.

**12/17** TH Tour begins 6:00pm

## Senior Center Trips

### Smithfield Shopping Trip

Start your holiday shopping at Smithfield Outlets

**11/4** W 9:00am-5:00pm

\$15.00 (Transportation Only) **Register by 10/28**

### BILTMORE HOUSE

3days/2 nights. Includes transportation, hotel, 2 breakfasts, entrance fees, gratuities and baggage handling; Biltmore house, gardens, Antler Village, lunch at Deepark Restaurant, wine tasting at the Biltmore Winery. Also shopping at Asheville Outlets and the Western NC Farmers Market

**4/18/16-4/20/16** \$349 pp Double or Triple  
\$429 pp Single

**\$100 deposit due at registration.**

**Registration Deadline 12/31/15**

### SOUTH DAKOTA ADVENTURE

7-days/6-nights. Includes Mt. Rushmore, Badlands National Park, Crazy Horse Memorial, Rapid City, Historic Deadwood, Buffalo Jeep Safari, rail journey on the 1880 Train, K-Bar S Ranch Dinner, Chuck-wagon Supper & Cowboy Show; RT Airfare, hotel room, 10 meals, Professional Tour Director, and more. Book by May 31, 2016 and get \$100 discount.

**9/14/16-9/20/16** \$2449 pp Double

### Information Coming Soon for these Trips!

**Washington, DC - 9/6 - 9/9/16**

**Nashville, TN - 10/9 - 10/15/16**

**HAWAII June 2017**

**For general information about any of our programs and events:**

**Call 252-972-1561 or email**

**jan.west@rockymountnc.gov.**

M, T, W, TH, F, S, SU refer to days of the week.

**Visit our Web site**

[www.rockymountnc.gov/parks/seniorcenter.html](http://www.rockymountnc.gov/parks/seniorcenter.html)

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